








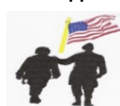

























Psychosocial Rehabilitation and Recovery Center (PRRC), SFVAMC

Summer 2015 | July 6th - September 25th

(415) 750-2226

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
9:00 - 9:45	CBSST ¹  Elena/Extern GA-41	Wellness Management ²  Miriam/Jackie GA-39	9:00 - 9:45	Train Your Brain ⁸  Stephanie/ Karen GA-41	Skillful Emotions ⁹  Elena/Miriam GA-39	9:00 - 9:45	Veterans Community Council ¹⁵  Rodney/Dan/Maisie GA-41	9:00 - 9:45	Recovery 101 ²¹  Amy/Jackie GA-41	Medications & Recovery ²²  Mary/Sara GA-39	9:00 - 9:45	Mindful Photography ²⁹  Richard/Jasmine GA-41	Dual Recovery ³⁰  Amy GA-39	
	Peer Support ³  Matthew GA-41	Meditation for Recovery ⁴  Mary/Jackie GA-39		Social Skills ¹⁰  Matthew/ Extern GA-41	Orientation  <i>by appt</i> GA-39		Wrap and Roll ¹⁶  Dan/Miriam GA-41		Ending Self Stigma ¹⁷  Jennifer/Extern GA-39	CBT for Voices & Paranoia ²³  Elena/Sara GA-41		Anger Management ²⁴  Mary/Jackie GA-39	WRAP ³¹  Jackie/Extern GA-41	Orientation  <i>by appt</i> GA-39
	Recovery in Young Adulthood ⁵  Elena/Matthew GA-41	My Recovery Story ⁶  Miriam/Richard GA-39		Women Create ¹¹  Miya/Mariah GA-41	Man in Society ¹²  Matthew/ Richard GA-39		Speaking of Smoking ¹⁸  Amy/Zlatena GA-18		Techniques in Role Recovery ¹⁹  Stephanie/Extern GA-39	Psychosis Support ²⁵  Nick/Brandon/Extern GA-48		Advanced Skillful Emotions ²⁶  Stephanie/Elena GA-39	Shifting Focus ³²  Richard/Jasmine GA-39	
	Nutrition and Exercise for Wellness and Recovery ⁷ 12:30-2:00  Amy/Matthew GA-18			Art Guild ¹³ 12:15-1:00 pm  Richard/CAT trainees GA-41			Reconnecting With the Community ²⁰ 1:00-1:45  Amy/Jackie GA-18		Story Corps ²⁷ 12:30-2:00  Jasmine/Richard GA-41			Seeking Sanctuary ²⁸ 1:00-1:45  Jon Wright GA-39		
12:30-2:00		12:15-1:00		1:00 - 1:45		11:00 - 11:45		11:00 - 12:15						

CLASSES IN THE COMMUNITY!

Summer 2015 | July 6th - September 25th

****ALL Veterans Welcome****

WEDNESDAY	FRIDAY
Drumming for Change 34	Writers' Workshop 35
1:30-2:30 PM	1:00-2:00 PM
2nd Wednesday monthly 7/8, 8/12, 9/9 150 Otis Street	Independent Living Resource Center (ILRC) 825 Howard Street
Recovering Yourself Through Video 34	Resilience in Motion (RESMO) 36
1:30-2:30 PM	2:00-2:45 PM
3rd Wednesday monthly 7/15, 8/19, 9/16 2727 Mariposa Street	ILRC 825 Howard Street
Classes may be added or changed due to scheduling factors. **Call to verify**: <u>Dan Evenhouse, Director of Community Based Services:</u> # 415-221-4810 ext. 2839	Photography Class 37 2:45-4:00 PM Sixth on Seventh Gallery 105 7th Street

